



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01088, Milk, buttermilk, fluid, cultured, lowfat

Report Date: July 05, 2017 03:52 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 90.13 | 62 | 0.093 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Energy | kcal | 40 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Energy | kJ | 169 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Protein | g | 3.31 | 65 | 0.024 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Total lipid (fat) | g | 0.88 | 19 | 0.174 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Ash | g | 0.89 | 8 | 0.045 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Carbohydrate, by difference | g | 4.79 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Sugars, total | g | 4.79 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 12/2002 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 116 | 12 | 2.751 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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|--------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Iron, Fe | mg | 0.05 | 6 | 0.011 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Magnesium, Mg | mg | 11 | 9 | 0.717 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Phosphorus, P | mg | 89 | 12 | 4.732 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Potassium, K | mg | 151 | 14 | 6.264 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Sodium, Na | mg | 190 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 06/2013 |
| Zinc, Zn | mg | 0.42 | 5 | 0.061 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Copper, Cu | mg | 0.011 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Manganese, Mn | mg | 0.002 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Selenium, Se | µg | 2.0 | 12 | 0.563 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 12/1992 |
| Fluoride, F ¹ | µg | 4.0 | 9 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2006 |

Vitamins

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Vitamin C, total ascorbic acid | mg | 1.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Thiamin | mg | 0.034 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Riboflavin | mg | 0.154 | 7 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Niacin | mg | 0.058 | 6 | 0.015 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Pantothenic acid | mg | 0.275 | 3 | 0.016 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-6 | mg | 0.034 | 7 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Folate, total | μg | 5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1976 |
| Folic acid | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | μg | 5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Folate, DFE | μg | 5 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Choline, total | mg | 17.7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01175 | 02/2009 |
| Vitamin B-12 | μg | 0.22 | 2 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin A, RAE | µg | 14 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Retinol | µg | 13 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01175 | 02/2009 |
| Carotene, beta | µg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 12/2002 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Vitamin A, IU | IU | 47 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Vitamin E (alpha-tocopherol) ² | mg | 0.05 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Tocopherol, beta ² | mg | 0.02 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Tocopherol, gamma ² | mg | 0.03 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Tocopherol, delta ² | mg | 0.02 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2009 |
| Vitamin D3 (cholecalciferol) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01175 | 02/2009 |

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Vitamin D | IU | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01175 | 02/2009 |
| Vitamin K (phylloquinone) | µg | 0.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01077 | 12/2002 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.548 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 4:0 | g | 0.029 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 6:0 | g | 0.017 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 8:0 | g | 0.010 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 10:0 | g | 0.022 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 12:0 | g | 0.025 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 14:0 | g | 0.089 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:0 | g | 0.231 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:0 | g | 0.107 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Fatty acids, total monounsaturated | g | 0.254 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 16:1 undifferentiated | g | 0.020 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:1 undifferentiated | g | 0.221 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.033 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:2 undifferentiated | g | 0.020 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:3 undifferentiated | g | 0.013 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |

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|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Cholesterol | mg | 4 | 4 | 0.935 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 11/1976 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan 3 4 5 6 | g | 0.042 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Threonine 3 4 5 6 | g | 0.141 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Isoleucine 3 4 5 6 | g | 0.171 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Leucine 3 4 5 6 | g | 0.313 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Lysine 3 4 5 6 | g | 0.277 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Methionine 3 4 5 6 | g | 0.087 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Cystine 3 4 5 6 | g | 0.020 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Phenylalanine 3 4 5 6 | g | 0.171 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Tyrosine 3 4 5 6 | g | 0.167 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Valine 3 4 5 6 | g | 0.217 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Arginine 3 4 5 6 | g | 0.095 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |

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|----------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| Histidine ^{3 4 5 6} | g | 0.100 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Alanine ^{3 4 5 6} | g | 0.112 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Aspartic acid ^{3 4 5 6} | g | 0.283 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Glutamic acid ^{3 4 5 6} | g | 0.744 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Glycine ^{3 4 5 6} | g | 0.066 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Proline ^{3 4 5 6} | g | 0.326 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Serine ^{3 4 5 6} | g | 0.199 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2011 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 04/1985 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 12/2002 |

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1990 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD